



Friendship Heights

VILLAGE NEWS



Rehoboth
page 3

JULY 2014

301-656-2797

VOLUME 29, NO. 2

Village of
Friendship Heights
Celebrates
100 YEARS



Village marks 100 years of celebrating the 4th

Bring the whole family for an old-fashioned Independence Day celebration at the Friendship Heights Village Center on **Friday, July 4**, from 2 to 4 p.m. This community event offers something for everyone, from patriotic music to face painting to a moon bounce. We'll have delicious grilled hot dogs, popcorn, snow cones, and cupcakes. Join us for old-fashioned fun and a lot of community spirit. During our program, we'll honor Village residents Rajni Chatterjee and Alfred Muller for their service to the community. We will also honor Julian Mansfield as the 2014 recipient of the Elizabeth Scull Outstanding Community Service Award.

The Council will also present a plaque to the family of Thelma "Tim" Edwards to recognize her vision and determination, which led to the creation of the park in front of the Village Center, now known as Hubert Humphrey Park. The event is free. Please join us to celebrate!



Prime rib and prime racing—seafood too

Enjoy a bountiful seafood and prime rib buffet while watching the sunset over the Shenandoah Mountains or witnessing the beauty of thoroughbred horses as they sprint around the racetrack when we visit Charles Town Races and Slots on **Friday, July 25**.

While Charles Town no longer offers daytime races, this trip offers an opportunity to see the horses in action at sundown. You can also try your hand at any of the many table

games and slot machines offered at this West Virginia casino.

We'll depart from the Village Center at 4:15 p.m. and arrive in time for dinner in the Skyline Terrace at the racetrack. We should return to Friendship Heights by 11:30 p.m.

The cost of the trip is \$75, which includes transportation, admission to the park, buffet and all taxes and gratuities. Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning

July 7. For additional information, call the Village Center at 301-656-2797. There are 33 spaces available.



Sally Hurme, page 4

CHILDREN'S PROGRAMS

Young at Art

Scenes from our summer art camp



Photos by Llewellyn Berry



FRIENDSHIP HEIGHTS VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the August issue is July 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Jennie Fogarty
Staff Writer

Anne Hughes O'Neil
Staff Writer, Advertising

Susan C. Zarriello
Page Design/Layout

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White
Mayor

Robert M. Schwarzbart
Chairman

Leonard J. Grant
Vice Chairman

Elizabeth Demetra Harris
Secretary

Alvan M. Morris
Treasurer

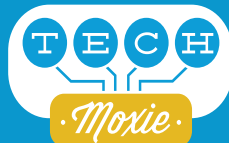
John Mertens
Parliamentarian

[Vacant]
Historian

VILLAGE MANAGER

Julian P. Mansfield

Technology.
Made simple...



- ◇ Individual Instruction
- ◇ Group Classes
- ◇ Printed Handouts

iPad ♦ Digital Photos ♦ Smartphone ♦ eMail
Word ♦ FaceTime/Skype ♦ Word ♦ PowerPoint
Facebook ♦ Excel ♦and more!

Gift Certificates Available!

tech-moxie.com ♦ 301.520.7671

ON the GO...

A relaxing day in Rehoboth

Enjoy sun, surf and shopping as we travel to the Delaware shore on **Tuesday, Aug. 5**. Stroll on the boardwalk, enjoy a seafood lunch or just take in the sea air. You may choose to spend the day exploring the outlet stores along Route 1 or at the beach or both. At the Tanger Midway outlet center, you'll find Coach Factory, Jones New York, L.L. Bean Factory Store, Liz Claiborne, Nine West, Polo Ralph Lauren, Ann Taylor, Rockport and more. We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time for you to enjoy lunch on your own. There are numerous cafes and restaurants along the boardwalk and Rehoboth Avenue. We'll return to the Village Center around 8 p.m.

The cost of the trip is \$53. Sign-ups begin immediately. Children over 5 years old are welcome but must be accompanied by an adult. There are 45 spaces available.



website: www.nancymellonrealty.com

Nancy Mellon Realty INTEREST RATES ARE LOW

Rates on long-term fixed-rate mortgages are at their lowest in decades. Now is the perfect time to take advantage of low interest rates and low home prices!



Condominium, Home and Townhouse

Sales • Purchases • Rental Management

BETHESDA • CHEVY CHASE • ROCKVILLE
POTOMAC • KENSINGTON • SILVER SPRING
GAITHERSBURG • MARYLAND • WASHINGTON, DC

301-951-0668

4500 N Park Ave., Suite 804N, Chevy Chase, MD 20815



Don't miss our trip to the Amish Market

Enjoy all the bounty of the summer when we visit the Lancaster County Dutch Market in Germantown on **Thursday, July 10.**

The market boasts 11 different vendors offering exceptional meats, chicken and ribs, baked goods, produce, cheese and dairy products, fresh cut flowers, a well stocked pantry with all sorts of dry goods, Amish butter-dipped soft pretzels and a huge selection of candy. Shopping at the market is a much different experience than going to the large grocery stores. And very often, the person waiting on you is either the owner or a family member, resulting in a more "downhome" atmosphere. Enjoy lunch on your own at the market's restaurant, the Dutch Family Restaurant. Choose from a number of Pennsylvania Dutch specialties including chicken pot pie, pork and sauerkraut, and meatloaf, or try one of the many soups, sandwiches or salads offered. We'll depart from the Village Center at 11 a.m. We should return to Friendship Heights by 3 p.m. The cost of the trip is \$24, which includes transportation and gratuity. Sign up immediately at the Village Center.

Beware of scams targeting seniors!

Sally Hurme, an elder law attorney, who has advocated on a wide range of issues, including consumer fraud, financial exploitation, elder abuse, surrogate decision making, advance care planning, predatory mortgage lending, health care fraud, and financial security for the last 20 years, will speak at the Village Center on **Thursday, July 10, at 7:30 p.m.**

Ms. Hurme is a Project Advisor for the Education and Outreach team at AARP and one of the nation's top fraud experts who is quoted frequently on financial exploitation in national media, including the Wall Street Journal, USA Today, CNN.com, Money, Kiplinger's Retirement Report, and, NPR.

For the past two decades, Hurme's volunteer commitment has focused on the rights of adults with diminished capacity and the reform of guardianship policy and procedures. Ms. Hurme is the past chair of the National Guardianship Network and was the convener of the 3rd World Congress on Guardianship held in Washington in May.

Please call 301-656-2797 to register for this very interesting evening.

offering extensive market knowledge in Potomac, Rockville, Bethesda, Chevy Chase and Silver Spring

**GOLDBERG GROUP
PROPERTY MANAGEMENT:**

Property Management ...Simplified.

Let us maximize the profit
from your income property

Call for a
courtesy
property
evaluation

12505 Park Potomac Ave. Suite #220
Potomac, MD 20854

301-637-9769
goldberggrouppm.com



A simple management philosophy:

- Maintain your property and keep your tenant happy
- Deliver top-notch service at a low management fee
- Minimize your involvement while maximizing your profit



Need help with insurance problems?

The Village Center offers a wonderful free service twice a month that can help you understand your health insurance benefits, bills and rights. A counselor from The Senior Health Insurance Assistance Program (SHIP) visits the Center on the second and fourth Wednesdays, from 1 to 3 p.m. to provide assistance in the following general areas:

- Billing problems
- Medicare Prescription Drug Cov-

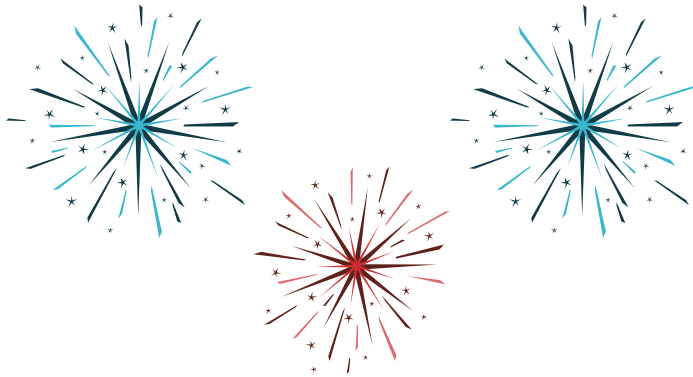
erage Program (Medicare Part D)

- Medicare supplements (Medigap Plans)
- Assistance for disabled Medicare beneficiaries (under age 65)
- Medicare Advantage Plans (HMOs, preferred provider organizations)
- Long Term Care Insurance
- Medical Assistance programs
- Assistance for low-income beneficiaries



- Assistance with denials, appeals and grievances
- Health care fraud and abuse

Check page 10 for details about the health insurance counseling. You must call the number provided to make an appointment. Take advantage of this great program!



Dr. Michael Gittleson

Podiatrist

The Barlow Building

5454 Wisconsin Ave. Suite 1250

Chevy Chase, MD 20815

301-986-4900

Medicine/Foot Surgery Early Morning Hours



Audiology and Hearing Aid Services



Dr. Courtney Campbell, Audiologist

Friendship Heights, MD

We can offer any type of hearing aid on the market.

Call today for a free consultation.



BUY ONE PACK OF BATTERIES GET ONE

FREE

Cannot be combined with any other offers or with insurance.

Expires 7/30/14

\$400 OFF

any pair of hearing aids

Expires 7/30/14

50% OFF

reprogramming of your current hearing aids

Cannot be combined with any other offers or with insurance. For new patients only.

Expires 7/30/14

BUY 2 PACKS OF BATTERIES & GET

FREE • CLEAN • CHECK
of current hearing aids

Cannot be combined with any other offers or with insurance.

Expires 7/30/14

0% FINANCING AVAILABLE FOR QUALIFIED BUYERS.

301-684-5129

5530 Wisconsin Ave. #1540, Chevy Chase, MD, 20815

PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

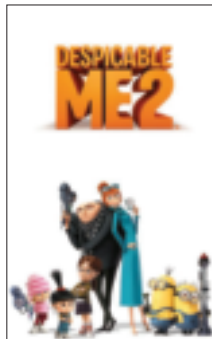
As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

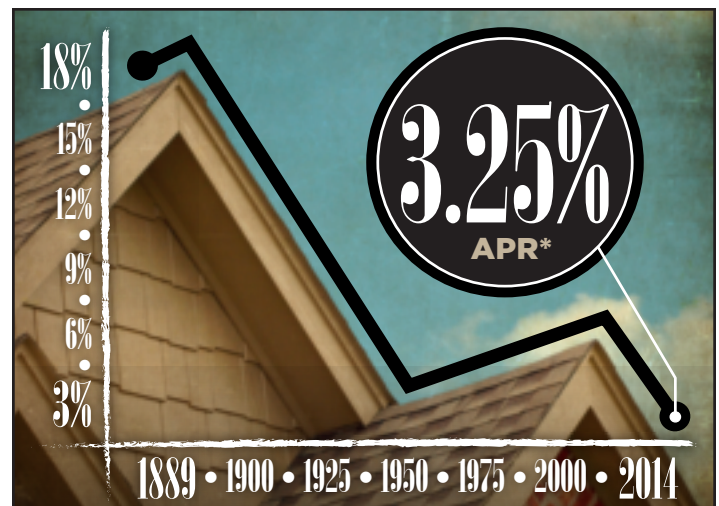
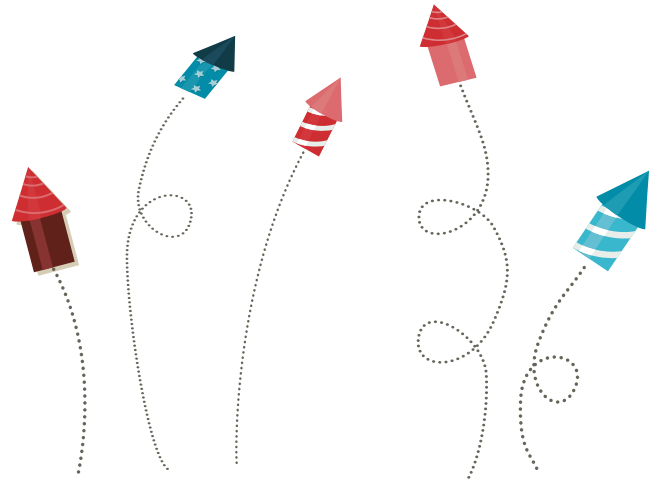
Thursday, July 17, 7 p.m. — Movie — *The Invisible Woman* — Ralph Fiennes directs and stars in this drama about the affair Charles Dickens began with a teen actress while at the height of his career. Also stars Felicity Jones and Kristin Scott Thomas. Rated R. Running Time: 111 minutes.



Thursday, July 24, 7 p.m. — Movie — *Despicable Me 2* — Arch-villain Gru and his three orphan girls return for more shady exploits in this wacky animated feature voiced by some of Hollywood's biggest stars. The story features new and eccentric characters and a plot to abduct Gru's team of minions. Stars the voices of Steve Carrell and Kristen Wiig. Rated PG. Running Time: 98 minutes.



Thursday, July 31, 7 p.m. — Movie — *American Hustle* — This fictionalization of the "Abscam" scandal of the early 1980s follows con man Irving Rosenfeld and his lover, Sydney Prosser, as they help an eccentric FBI agent expose corruption among several members of Congress in New Jersey and Pennsylvania. Stars Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence. Rated R. Running Time: 138 minutes.



OUR BEST HOME EQUITY RATE IN 125 YEARS!

The same great service at no additional cost.

We'll pay up to \$3,000.00 in fees.**

APPLY TODAY



316 Pennsylvania Ave, SE • 202.546.8000

5228 44th Street, NW • 202.966.2688

www.nationalcapitalbank.com

*The variable rate on our Home Equity Line of Credit is equal to the Prime Rate published in The Wall Street Journal minus .50%. The APR varies monthly; maximum APR is 18.00%; minimum APR is 3.25%. As of 1-1-14, the APR for NCB's Home Equity Line of Credit was 3.25%.

**If the line is closed within three years, the customer will be responsible for up to \$3,000.00 in fees. Fees generally total between \$1,312.00 and \$5,656.00 and do not include required property insurance. This offer is subject to change at any time. Credit is subject to approval.



ART and CULTURE

Celebrating the Fourth and our local artists

You are invited to visit Friendship Gallery this month to see "Three Cheers for the Red, White, and Blue — A Celebration of the Fourth of July." This multi-media juried exhibit, sponsored by the Village of Friendship Heights and open to all area artists, will run through the month of July. Its patriotic themes are inspired by parades, family gatherings, picnics, fireworks, and heroes. The exhibit is held in conjunction with the annual celebration at the



"My Lucky Stars" by Joseph Ardizzone and "Parade Party" by Elizabeth Riordon (below)—2013 winners of the July exhibit.

Village Center. Awards will be given to the winners at a reception on **Sunday, July 13, from 11:30 a.m. to 1:30 p.m.** All are invited to attend.

This year's juror is noted artist Millie Shott, art curator and instructor at Village Center. Ms. Shott has worked in watercolor, acrylics, and collage for more than four decades. Her artwork is included in the collection of the Georgetown University Hospital, the Marriott Collection, the Public Art Trust Collection of Montgomery County, at the National Geographic Society and Fairfax Hospital, as well as in the personal collections in the area. The exhibit runs until August 2. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist. Please note that all sales of art are final.



A Smile
above the Rest!

For over twenty years, Dr. Eric Morrison has provided a full spectrum of family, general, and cosmetic dental services.

"Dr. Morrison won us over with compassion, communication, patience, and the highest quality dental care."



SCHEDULE A CLEANING,
EXAM AND X-RAY
AND RECEIVE A

***FREE**
ELECTRIC TOOTHBRUSH

\$175 VALUE

*First 5 Patients Only.
Must bring ad for promotion.

Eric K. Morrison, D.D.S., M.A.G.D.
Master of the Academy of General Dentistry

5454 Wisconsin Ave., NW
Suite 835
Chevy Chase, MD 20815


202.537.7052

info@DrEricMorrison.com
DrEricMorrison.com

Friendship Heights
Village Center



Calendar
of Events 2014

JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>2</div> <div>11 a.m.: Pilates with Props 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: Concert: IONA</div>	<div>3</div> <div>8:15 a.m.: Walking Club 10 a.m.: Basic Photography 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil</div>	<div>4</div> <div>Center open 9 to 2 2 to 4 p.m.: Fourth of July Celebration Shuttle bus runs on weekend schedule </div>	<div>5</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>6</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>7</div> <div>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse</div>	<div>8</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>9</div> <div>11 a.m.: Pilates with Props 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Grow Your Brain at Any Age 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: World Jam Club</div>	<div>10</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m.: Depart for Dutch Market 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 2 p.m.: Suburban Lecture: “Nothing to Sneeze At!” 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Sally Hurme on Fraud</div>	<div>11</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>12</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>13</div> <div>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</div>	<div>14</div> <div>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</div>	<div>15</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea</div>	<div>16</div> <div>11 a.m.: Pilates with Props 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Machaya Klezmer</div>	<div>17</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: The Invisible Woman</div>	<div>18</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>19</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>20</div> <div>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>21</div> <div>10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Mobile Office 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting</div>	<div>22</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea</div>	<div>23</div> <div>11 a.m.: Pilates with Props 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: The Empresarios</div>	<div>24</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Despicable Me 2</div>	<div>25</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 4:15 p.m.: Depart for Charles Town</div>	<div>26</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>27</div> <div>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>28</div> <div>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting</div>	<div>29</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea</div>	<div>30</div> <div>11 a.m.: Pilates with Props 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: Concert: Jubilee Voices</div>	<div>31</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: American Hustle</div>		

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Our refund policy for trips:

If you must cancel your reservation for a Village trip, please be aware of the following:

1. The cost of any day trip that includes a ticket (theater, concert, sporting event, ballet, opera, etc) is not refundable at any point after registration unless the space can be filled from the waiting list.
2. Any day trip that does not involve a ticket is refundable if cancelled seven days or more ahead.
3. Overnight trips are treated differently. Details are included in the newsletter trip description.



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART AND MUSIC

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins July 7. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Sept. 15 (class will not meet Sept. 1).

BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Lew Berry, begins August 9. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. Session ends Oct. 11 (class will not meet Aug. 30 and Oct. 4).

BASIC PHOTOGRAPHY (Thursday)

This 6-week course in black and white and color photography, taught by Lew Berry, begins July 24. Meets Thursdays from 10 a.m. to 12 p.m. The cost is \$75. See description above. Session ends Aug. 29.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins July 9. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork.

Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is Aug. 13.

STILL LIFE PAINTING

A 3-week series taught by Joan Samworth for Joan's current or previous students only. Begins July 3. Meets Thursdays from 11 a.m. to 2:30 p.m. The cost is \$55 for residents; \$60 for nonresidents. Last class is July 17.

EXERCISE AND FITNESS

PILATES WITH PROPS

The 6-week session begins July 2. Meets Wednesdays from 11 a.m. to 12 p.m. Using both a chair and a small ball, students will perform exercises standing and seated. Students need only to bring a yoga mat for standing positions. Ginger Russell has taught Pilates classes at the Village Center and fitness facilities for over ten years. The cost is \$85 for residents and \$90 for nonresidents. Session ends Aug. 6.

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins July 10. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Aug. 14.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins July 22. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Aug. 26.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program.

Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village volunteers serve hot beverages, cookies and fruit every Tuesday from 3 to 4 p.m.

VILLAGE BOOK CLUB

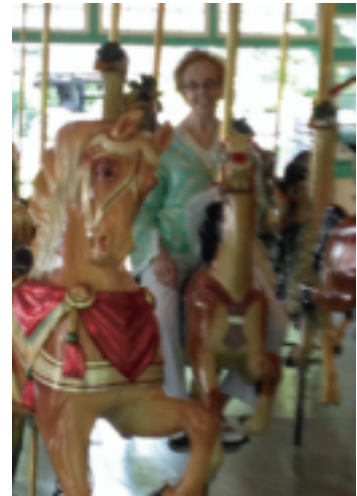
The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

Continued on page15

Personal Computer Coach
In-home computer training for women

Cheryl Morris
Phone: (240) 994-2921
E-mail: personalcomputercoach@att.net
www.personalcomputercoach.com

Convenient*Flexible*Personalized
Gift Certificates Available



Jan Cary rides the antique carousel during a trip to Glen Echo Park.

New Listings for the Somerset Community



For Sale:

5610 Wisconsin Ave.
Somerset House II #804
2 BR, 2.5 BA, 2,081 SqFt
\$1,475,000



For Sale:

5600 Wisconsin Ave.
Somerset House #406
2 BR + Den, 2.5 BA, 2,278 SqFt
Call for Price

Jamie Coley, Linda Rosenkranz & Leigh Reed

of Long & Foster Real Estate, Inc. The #1 Team in 2013 for Montgomery County.

Direct: 301.215.4141 / Office: 240.497.1700

coleyreed@gmail.com

www.somersetluxuryliving.com

LONG & FOSTER

REAL ESTATE
LUXURY HOMES

CHRISTIE'S
INTERNATIONAL REAL ESTATE



CONCERTS

Concerts will be held from 7:00 – 8:00 p.m. in Hubert Humphrey Park in front of the Village Center. In the event of rain or excessive heat, the performance will be moved indoors to Huntley Hall in the Village Center. Concertgoers may want to bring insect repellent — the mosquitoes seem to enjoy the performances too.

Wednesday, July 2 — IONA — IONA's music is a unique acoustic weave of the traditional music of Scotland, Ireland, Wales, Cornwall, Brittany, the Isle of Man, Asturias and Galicia (Spain.) Blending songs and dance tunes into a rich and stunning tapestry, IONA's style is outstanding in an arena where these traditions are seldom intertwined. Members of IONA include Barbara Ryan, Bernard Argent, Chuck Lawhorn, and Jim Queen. .



Wednesday, July 9 — World Jam Club — The World Jam Club is an ensemble founded by guitarist Peter Fields to share the joyful collaboration of world class musicians with the widest possible audience. They combine, the precision of a chamber ensemble with the spontaneity of a jazz group. Its repertoire consists of arrangements of Latin American and European popular music. The group consists of guitarist Peter Fields, bass player Claude Arthur, violinist Susan Jones, and percussionist Tom Jones.

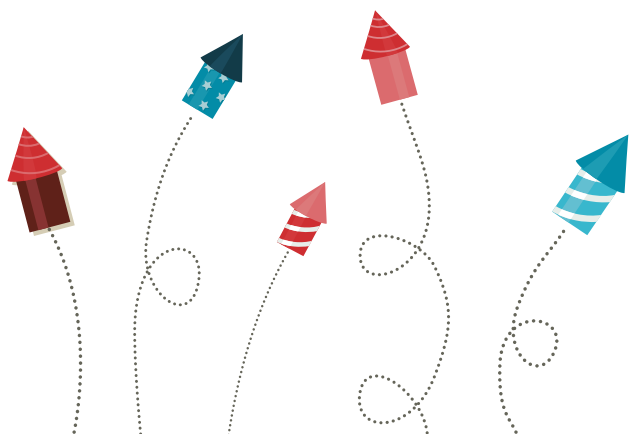
Wednesday, July 16 — Machaya Klezmer — Machaya Klezmer returns to the Summer Concert Series with its vibrant Eastern European sound. Their music features flutes, clarinets, cellos and drums. "Klezmer is a style of music that is inherently Jewish in nature. The word Klezmer comes from two Hebrew words, clay and zimmer, meaning vessel of music or song. The idea is that the instrument takes on human characteristics like laughing and crying. With a joyous exuberance or a soulful wailing," writes Leo Rosten in *Joys of Yiddish*.



Wednesday, July 23 — The Empresarios — Band leader Javier Miranda and lead singers Frankie Rosado and Felix Perez all hail from Puerto Rico. The warm sounds of the Caribbean come through in the band's unique blend of salsa, reggae, cumbia, dub and house. With several U.S. tours and numerous solid releases under their belts, the Empresarios are ready to take the world by storm.

Wednesday, July 30 — Jubilee Voices — Jubilee Voices, created in late 2010, is committed to the preservation of African-American history and traditions as expressed through singing, dance and spoken word. The ensemble performs at area heritage sites, museums, churches and many other venues. The singing includes spirituals, shouts, hollers, planting songs, field and code songs, and other songs of struggle and freedom, all currently from the 19th century. Jubilee Voices perform more than 15 times a year at venues that have included the Josiah Henson House, Oakley Cabin, the Sandy Spring Slave Museum, National Archives, Smithsonian Museums, Frederick Douglass House, and Surratt House, as well as at festivals of African-American heritage, churches in the African-American community, and more.

TO YOUR HEALTH



GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

Physical Therapy Office

Friendship Heights Village at the Elizabeth Arcade

- Private one hour physical therapy sessions, one-on-one, no technicians
- Manual therapy, therapeutic exercises, balance and gait retraining, visceral mobilization
- Ultrasound, electrical stimulation, and combo
- Aquatic therapy (at our Tenleytown location)
- Orthopedic injuries, joint replacements
- Neurological disorders (MS, MD, ALS, stroke, dystonia), fibromyalgia, chronic fatigue syndrome
- Massage therapy / personal and post-rehab training

*We are a **MEDICARE PREFERRED PROVIDER** and accept co-insurance from PPO and POS health insurance plans. Call office for details.*

Locations

Tenleytown

4000 Wisconsin Ave., NW #P2
Washington, DC 20016
(inside Tenley Sport & Health Club,
garage parking available)

Friendship Heights

4601 N Park Ave., #10C
Chevy Chase, MD 20815
(at the Elizabeth Arcade,
free garage parking!)

phone **301-654-9355** | fh@getwell-rehab.com
www.getwell-rehab.com  find us on facebook



Nothing to sneeze at!

Dr. Heidi Isenberg-Feig, allergist with Johns Hopkins Community Physicians, will provide helpful tips on surviving allergy season, as well as other issues such as allergic reactions to certain foods and medications, at this month's Suburban Lecture at the Village Center on **Thursday, July 10, at 2 p.m. (Please note day and time change for this month only).**

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

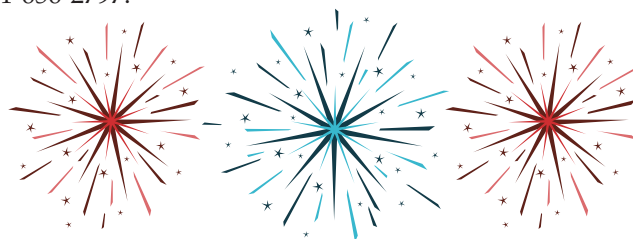
Grow your brain at any age

Dr. Majid Fotuhi, one of the world's foremost authorities on memory, cognitive performance, and aging will speak at the Village Center on **Wednesday, July 9, at 1 p.m.**

In his presentation, Dr. Fotuhi will share the new science and research behind improving cognitive performance and memory. Attendees will learn the parts of the brain important for memory, what happens to the brain with aging, and how to reverse age-related brain atrophy while literally growing your brain. He will also discuss simple changes in one's life that can make a lasting difference to your brain for years to come.

Dr. Fotuhi is the founder of the NeurExpand Brain Center, a neurology practice in Friendship Heights, which focuses on improving memory and cognitive function. And if you haven't seen him in the neighborhood yet, you may have seen him on TV. Dr. Fotuhi has been featured on Dr. Oz and The Today Show.

Please let us know if you plan to attend by calling 301-656-2797.



Cafe Muse presents...

This month's Café Muse, on **Monday, July 7, at 7 p.m.**, features poets Rick Black and Joshua Weiner.

Rick Black, poet, book artist and photographer, is author of *Star of David*, which won Poetica Magazine's 2012 poetry chapbook contest. He was named poet-of-the-month for April 2012 by Cornell University's Mann Library. Mr. Black, who worked as a reporter in the Jerusalem bureau of *The New York Times*, has also garnered several international awards for his haiku poetry. He is the founder and owner of Turtle Light Press, a small publishing company that specializes in handcrafted poetry books and fine art prints.

Joshua Weiner is author of three books of poetry, including *The Figure of a Man Being Swallowed by a Fish*. He is winner of numerous prestigious awards, including the 2012-2013 Amy Lowell Poetry Traveling Scholarship and the Rome Prize in Literature from the American Academy and Institute of Arts and Letters. He is the poetry editor of Tikkum magazine and he teaches at the University of Maryland, College Park. More information at <http://www.joshuaweiner.com>

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open

reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information visit www.wordworksdc.com.

The Village Book Club will meet this month on **Tuesday, July 15, at 11 a.m.** Please call 301-656-2797 to learn the title of this month's book selection.

Heart to Hand Massage

with craniosacral therapy

Willard Avenue office • in home sessions available

licensed massage therapist (LMT) in Maryland & DC
references happily provided

301-986-7965

email: heart.to.hand@icloud.com

Trusted Touch

TRUSTED TOUCH HEALTHCARE, LLC
DIGNITY, COMPASSION AND SERVICE

Call us or visit us online for Details & Affordable Rates

301-272-5140

571-723-3126 (Cell)

www.trustedtouchhealthcare.com



Our Personal Care Services Include:

- Complete Bathing & Dressing
- Toilet & Incontinence Care
- Ambulation, Transferring, Lifting
- Companion Services
- Meal Preparation & Light Housekeeping (Includes Laundry, Linens & Ironing)
- Medication Reminders
- Transportation & Assistance for Appointments/Errands
- Respite for Family Caregivers

Our Caregivers are Bonded & Insured

Our job is to support you in a professional way in your activities of daily living.

Chevy Chase Florist



We specialize in:
Ecuadorian roses,
Dutch flowers,
and locally-
grown flowers.

Chevy Chase Florist
5415 Friendship Boulevard
Chevy Chase, MD 20815
301-986-0986
www.chevychaseflorist.com

Classes and Clubs, continued from page 11

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge or bridge plus (duplicate bridge).

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver over age 13.

WALKING CLUB

Leaves the Center every Tuesday,

Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883.

That word on the tip of your tongue



Finally, a treatment program that builds your brain's capacity to resist memory loss and cognitive decline. Call or visit NeurExpand online to schedule a free memory screening today!

www.NeurExpand.com/FHV

5550 Friendship Blvd., Suite 450, Chevy Chase, MD 20815

Phone: 301.200.8106



SENIORS ARE PROUD TO Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Call today to
schedule a
complimentary
lunch and tour:
301-656-1900

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard
Chevy Chase, MD 20815
301-656-1900

BGFriendshipHeights.com



Village Council Corner

New Council member nominated

Clara Lovett, a resident of the Carleton, was nominated by the Village Council at its June 17 meeting to complete the term of Maurice Trebach, who resigned in March. Her nomination will be sent to the Montgomery County Council for final approval. It is expected she will be seated at the July 14 Council meeting.



Clara Lovett

Ms. Lovett is a former president of Northern Arizona

University, president of the American Association for Higher Education, and former teacher and scholar in the field of Modern European History. She has also held leadership roles at the Library of Congress, George Washington University, and George Mason University, in addition to serving on numerous boards.

We look forward to having Clara on the Council!

Kids get artistic at our summer camp



For a week in June every year, the Village Center is transformed into a studio for budding artists. Kids age 6 to 12 create a variety of fine arts projects under the watchful eye of Millie Shott, our curator at the Center. At left, Jack Ford tries his hand at watercoloring. See more photos on page 2.

Photo by Llewellyn Berry

Other Council actions at the June 17 meeting:

- Approved proposal for increase in maintenance contract to provide raises for maintenance personnel.
- Approved proposal for increase in security contract to provide raise for security guard.
- Approved proposal from American Plant Food to replace 31 holly hedges in Humphrey Park.
- Approved community service awards to be presented July 4; approved plaque recognizing Tim Edwards for development of Friendship (now Humphrey) Park.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

July 2014 events calendar